

For Immediate Release

Contact: Denise Bingham  
Public Information Manager  
502-512-3090

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### **First Probable Case of H1N1 Reported in Pendleton County**

(Falmouth, Ky.)—The Pendleton County Health Center and Three Rivers District Health Department are investigating the first probable case of H1N1 in Pendleton County. The probable case, a child resident of Pendleton County, was tested at an area hospital. A probable H1N1 case, as currently defined by the Kentucky Department for Public Health, is declared when a person has a positive test for influenza type A. The Health Department will evaluate those who have come into contact with the infected individual for prevention and treatment measures, if needed.

“We expect to see more cases of this illness in the coming days and weeks,” said Georgia Heise DrPH, Public Health Director. “Influenza is a serious illness and one that can spread easily from person-to-person. Most people will not have immunity to this virus and the resulting illness may be severe and widespread as a result.”

The symptoms of H1N1 influenza are similar to seasonal influenza and may include coughing, diarrhea, fever, lack of appetite, lethargy, nausea, runny nose, sore throat and vomiting. The virus is spread mainly from person-to-person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

“Public health officials are working diligently to respond to this situation, but the public must do its part to prevent the spread of the virus,” said Dr. Heise.

To prevent the spread of H1N1, the CDC recommends that individuals:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with sick people.
- Those with flu-like illness should stay home for at least 24 hours after they no longer have a fever, without use of fever-reducing medicines and regardless of whether or not they are using antiviral drugs.

- If you don't have one yet, consider developing a family emergency plan as a precaution. This should include storing a supply of extra food, medicines, facemasks and other essential supplies.

For more information on H1N1, please visit [www.trdhd.com](http://www.trdhd.com), [www.pendletoncounty.ky.gov](http://www.pendletoncounty.ky.gov)  
or call the Health Department at 502-484-3412.